

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

November Program Highlights

50's Party

50's Theme Party! Activities include: Name that Tune; T.V. Trivia; Karaoke; 50's Bingo; Dance Music; Jacks and Pick-up Sticks; Food

Date: Tuesday, November 5

Sign-up by Wednesday, October 30

Time: 6:00 p.m.

Cost: \$5.00 per person

Cholesterol Talk

Do you have questions about cholesterol? What's the difference between HDL and LDL? What do those numbers really mean? Have your questions answered by Darci Eubanks from Whitesell Pharmacy.

Date: Wednesday, November 6

Time: 12:30 p.m.

Cost: Free

Strength Training

Join us for a new exercise to video that includes the use of light weights. Bring a light set of weights (two canned goods will work).

Date: Mondays and Wednesdays

Time: 9:30 a.m.

Cost: Free

Daily Exercise Program

These videos are made especially for seniors.

Date: Mondays, Tuesdays and Wednesdays

Time: 11:00 a.m.

Cost: Free

Dance Exercise Program

Instructor led dance exercises featuring movements from different ethnic groups.

Date: Thursdays

Time: 10:30 a.m.

Breakfast for Lunch & Ask Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "What should I know about organ donations to other and body donations to science?"

Date: Thursday, November 14

Sign-up by Tuesday, November 12

Time: Noon

Cost: \$4.80 (Regular meal cost)

Adapt to the Future!

Saturday, November 9
9:00 a.m. - Noon

An exhibition of services and products to create a user friendly home for older adults and others with disabilities

Frederick Senior Center
1440 Taney Ave.

Day Trips

National Museum of Health and Medicine – October 25

Marian Koshland Science Museum – November 22

National Museum of Women in the Arts – December 6